



PHOTOGRAPHS OF THE SAME WOMAN, SHOWING HOW THE ARRANGEMENT OF THE COIFFURE CHANGES THE FACE.

Mousse, a Delicious Dainty

This form of dainty derives its name from the French "mousse," meaning "moss," and it is distinguished by its frothy, moss-like texture. The latter is produced by adding whipped cream to the mixture which must be made firm without stirring, either with gelatine, by freezing, or both. It embraces a great variety of delicate dishes which are easily made by varying the flavor or garnish, or by moulding within a sherbet or ice cream of contrasting color and kind. The following recipes will be suggestive of many others, limited only by the materials at hand or the originality of the cook.

Ham Mousse.

Soak a level tablespoon of granulated gelatine in a fourth of a cup of cold water and dissolve it in three-quarters of a cup of hot chicken liquor or white stock; strain over a cup of finely chopped boiled ham and season to taste with salt and cayenne. Stand in a pan of cold water, stir until the mixture begins to set, then fold into it a cup of thick cream, beaten until stiff and dry. Turn into chilled baking powder cans and stand aside for several hours in a cold place to harden. Turn out, cut in slices, serve on lettuce leaves, put a spoonful of mayonnaise on each slice, and garnish in the center with an olive or a round of sliced pickle. Serve as a salad course with wafers or sandwiches.

Chicken Mousse.

Force four ounces of cold cooked chicken through a meat chopper. Soak a level tablespoon of granulated gelatine in a fourth of a cup of cold chicken liquor. Beat well the yolks of three eggs, add to them gradually a cup of scalded chicken liquor and cook as boiled custard over hot water, stirring constantly. Add the soaked gelatine, stir until dissolved and strain over the chopped chicken. Season to taste with salt and a few grains of cayenne. Follow previous recipe for chilling and adding whipped cream. Pour into a chilled border mould and stand aside in a cold place to harden. Turn out and garnish at the base with lettuce leaves, fill in the center with celery and nut salad. Serve as a salad course.

Rice Mousse.

Wash thoroughly a third of a cup of rice, cook for ten minutes in rapidly boiling, slightly salted water, then drain. Put into a double boiler with two cups of hot milk and cook until the grains are very tender; add two-thirds of a cup of sugar and a level tablespoon of granulated gelatine soaked in a fourth of a cup of water and when both are dissolved rub the mixture through a fine sieve. Follow directions as before and flavor with vanilla. Put into a chilled mould, pack in ice and salt and let stand for three or four hours. Turn out and serve with Tutti Frutti Sauce.—Blanch and shred twelve almonds, slice in thin strips an ounce of citron, pick over a fourth of a cup of Sultanina, and put in a granite saucepan with a cup of water and a third of a cup of sugar. When boiling well add a level teaspoon of cornstarch dissolved in a little cold water. Cook ten minutes, take from the stove, add a tablespoon of lemon juice and a few drops of vanilla and stand aside in a cold place.

Maple Mousse.

Soak a level teaspoon of granulated gelatine in a fourth of a cup of cold water and dissolve it in two-thirds of a cup of thick maple syrup, heated. Strain into a pan, and follow directions for chilling and adding whipped cream. Turn into a chilled mould lined with macaroons and freeze. Garnish with whipped cream sweetened and flavored with vanilla.

Caramel Mousse.

Stir a cupful of granulated sugar in a saucepan over the fire, constantly, until the caramel stage is reached; add gradually a cup of hot milk and stir over boiling water until the caramel is dissolved, then add a rounding teaspoon of gelatine soaked in two tablespoons of cold water and half a cup of sugar. Strain into a pan, chill and add whipped cream, flavor with vanilla and freeze. Garnish with whipped cream and sprinkle macaroon crumbs over all.

Pineapple Mousse.

Soak a rounding teaspoon of granulated gelatine in a fourth of a cup of cold water. Simmer together for about ten minutes, three-fourths of a cup of grated pineapple (canned), half a cup of sugar and a fourth of a cup of water; add the soaked gelatine, stir

until dissolved, remove from the fire and add a tablespoon of lemon juice. Follow directions for chilling and adding cream. Pack in ice and salt and freeze.

Peach Mousse.

Rub sufficient peaches through a sieve to make a cup of pulp and sweeten it well. Use either fresh or canned fruit; if canned, part of the juice may be used. Soak a rounding teaspoon of granulated gelatine in a fourth of a cup of cold water, dissolve over hot water and strain into the peach pulp; add also a tablespoon of lemon juice, a fourth of a teaspoon of vanilla and a few drops of red coloring. Follow general directions for moulding and packing or line a chilled mould with vanilla ice cream, fill with the peach mousse, cover with the ice cream and freeze. Turn out and garnish with a wreath of sliced peaches, sweetened and chilled, and sprinkle chopped almonds over all. For strawberry mousse, prepare as peach mousse, substituting strained and sweetened strawberries for the peach pulp.

Chestnut Mousse.

Boil, shell and blanch sufficient chestnuts to make a scant cup of pulp when pressed through a sieve. Cut half a cup of candied cherries into halves. Beat a pint of cream to a stiff froth, add two-thirds of a cup of sugar and vanilla to flavor. Soak a teaspoon of granulated gelatine in two tablespoons of cold water, dissolve over hot water and strain when cool into the whipped cream. Next stir in lightly the chestnut pulp and the candied cherries and fill into a chilled mould and freeze.

Imperial Mousse.

Grate an ounce of unsweetened chocolate, cut half a cup of mixed candied fruit into small dice and roll them in powdered sugar. Chop coarsely a fourth of a cup of mixed nuts, beat a pint of cream to a stiff froth, add half a cup of sugar and vanilla to flavor. Soak a rounding teaspoon of gelatine in a fourth of a cup of cold milk, dissolve over hot water and strain when cool into the whipped cream. When ready a chilled mould, put in a layer of whipped cream, sprinkle generously with the candied fruits; add another layer of the cream, sprinkle with the grated chocolate and nuts; add again the cream, sprinkle with the fruit, and so continue in alternate layers until all is used. Freeze.

Coffee Mousse.

Soak a level tablespoon of granulated gelatine in a fourth of a cup of cold water, dissolve over hot water, add half a cup of strong, clear coffee and three-quarters of a cup of sugar. Stand the mixture in a pan of cold water, stir until it commences to set; then fold into it a pint of rich cream whipped to a stiff, dry froth. Turn into a chilled mould, freeze, and have garnished with sweetened whipped cream.

The Nutritious Nut

We have become so accustomed to consider candy and nuts as one and inseparable, and that one unwholesome, that we are astonished to find even the doctors recommending the nut not only as wholesome, but very nutritious. People who eat fruits freely and consider them particularly wholesome, taboo nuts, and yet these are really fruits, and a very valuable food product.

Nuts are very rich and abound in heat-forming qualities. Peanuts are very far ahead of almost all, or at least a great many nitrogenous foods. Beefsteak has far less nourishment, and even oatmeal, that is universally considered an almost perfect food, does not furnish the nutriment that peanuts do. It is now said that these nuts are especially good for consumptives, and also aid those troubled with insomnia. Some aschew nuts because they seem to be indigestible, but if eaten at proper times and in proper quantities they will not injure the most delicate stomach. It is a good thing to eat them during meals and with salt. The salted peanut is almost as much a factor of the dinner as the salted almond, and has in its favor its inexpensiveness and its greater proportion of fatty matter. Nuts need a very good mastication, which is important regarding any kind of food. Nuts chopped and spread between slices of bread, with a little salad dressing, make a most delicious sandwich for the car lunch or for the school

lunch basket; some like the nuts moistened with vinegar; again, a crisp lettuce leaf with a little salad dressing and a sprinkling of chopped or pounded nuts make a delicious and most nutritious sandwich. We can now buy a meal made from nuts, and this is to be used in gruels and soups. We all know how delicious are the nut salads and the dish of oranges served with coconut and bananas.

Nut butter is very nice and may be used in a variety of ways. It makes a good shortening. It is nice used as a butter on bread. It has a place in soups of certain kinds, and is good in salad dressing. It may be thinned and heated and served occasionally in place of the invalid's hot milk.

Nuts and dates chopped together make an especially palatable sandwich for the little folks who are fond of sweets. Dates pitted, filled with nut meats and rolled in sugar make a sweet that no one need fear as unwholesome. Children especially require sweet. It is not all a depraved appetite that calls for the saccharine element in foods. It is a direct need of nature.

I do not uphold the use of cheap confections, but use dates, figs, raisins, together with nuts. There need be no fear of allowing a healthy child a reasonable quantity of these at meal time.

Some like nuts chopped very fine and mixed with Swiss or cream cheese, seasoned plentifully with salt and pepper, the preparation used with thin slices of whole wheat bread for sandwiches.

Speaking of almonds reminds me of a fraud that is now being carried on in the almond nut business. A dealer has nearly ruined his trade by selling nuts that looked like fine almonds, but proved to be peach pits dressed and prepared in such a way as to most perfectly imitate the real almond. With the outside, however, the imitation ended, and the would-be consumer was consumed with wrath upon trying to crack one of the pseudo almonds with the teeth.

Among the passengers on a Western train recently was a woman very much overdressed, accompanied by a bright-looking nurse-girl and a self-willed, tyrannical boy of about three years. The boy aroused the indignation of the passengers by his continual shrieks, and kicks, and screams, and his viciousness toward his patient nurse. He tore her bonnet, scratched her hands, and finally spat in her face without a word of remembrance from the mother. Whenever the nurse manifested any firmness the mother chided her sharply. Finally, the mother composed herself for a nap, and about the time the boy had slapped his nurse for the fifth time, a wasp came sailing in and flew on the window of the nurse's seat. The boy at once tried to catch it. The nurse caught his hand and said, coaxingly: "Harry, mustn't touch. Bug bite Harry?" Harry screamed savagely and began to kick and pound the nurse. The mother, without opening her eyes, or lifting her head, cried out sharply: "Why do you tease that child so, Mary? Let him have what he wants at once!" "But, ma'am, it's a—" "Let him have it, I say." Thus encouraged, Harry clutched at the wasp and caught it. The scream which followed brought tears of joy to the passengers' eyes. The mother awoke again. "Mary," she cried, "let him have it?" Mary turned in her seat and said, confusedly: "He's got it, ma'am."

A minister who has been doing missionary work in India recently returned to New York for a visit, and was a guest at a well-known hotel where everything pleased him except the absence of the very torrid sauces and spices to which he had become accustomed in the Far East. Fortunately he had brought with him a supply of his favorite condiments, and by arranging with the head waiter these were placed on his table. One day another guest saw the appetizing bottle on his neighbor's table and asked the waiter to give him some of "that sauce." "I'm sorry, sir," said the waiter, "but it is the private property of this gentleman." The minister, however, overheard the other's request, and told the waiter to pass the bottle. The stranger poured some of the mixture on his meat and took a liberal mouthful. After a moment he turned with tears in his eyes to the minister. "You're a minister of the gospel?" "Yes, sir," and you preach hell and damnation?" "Yes," admitted the minister. "Well, you're the first minister I ever met who carried samples!"

Mr. Jones had recently become the father of twins. The minister stopped him on the street to congratulate him. "Well, Jones," he said, "I hear that the Lord has smiled on you." "Smiled on me!" repeated Jones. "He laughed out loud at me!"

For Camp or Home Use

The following rules for bread may be used with condensed milk, or with the newer milk powder, using one part of milk to four parts of water. Sour and sweet milk may be used interchangeably by observing the following proportions: In mixing sour milk batters allow one teaspoon of soda to every pint of milk; in baking powder mixtures the powder is added according to the proportion of the flour, viz., two teaspoons of baking powder to each drop of flour, unless you use eggs, in which case allow one and one-half teaspoons of baking powder to each cup of flour.

If baking powder is not at hand, its equivalent is one-half teaspoon of soda and one teaspoon of cream tartar for every teaspoon of baking powder.

Pork fat may be used as shortening in place of butter.

All batter mixtures should be kept cool until actually put in the oven, otherwise the gas generated by the baking powder will escape.

A knife is the best tool for stirring batter or dough.

Before adding currants and raisins to a batter, flour them slightly to prevent their sinking to the bottom. Dredge cake with a little flour before frosting, as it helps to keep the frosting from running off the loaf.

Easy Bread for Camp.

Mix two cups of graham flour with one cup of wheat flour; dissolve one-half teaspoon of soda in one-half cup of molasses and one-half yeast cake in two cups of milk. Stir all well together, put into a bread pan and set it in a warm place until the mixture shall rise to the top of the tin. Then bake at once in a moderate oven. The whole process may be completed between breakfast and lunch. This quantity makes one loaf.

Potatoes and Bacon.

Cut raw potatoes into cubes, season and spread a layer of them on a well-buttered pan. On top place a layer of thin slices of bacon. Cook in the oven until the bacon is crisp.

Fried Salt Pork.

Slice the pork one-quarter inch thick. Parboil until it becomes translucent, then roll in corn meal and fry on a very hot griddle or pan.

A Good Luncheon Dish.

On a slice of toast lay a thin slice of cold boiled ham, then one fried tomato, and lastly a poached egg.

Canadian Gallette.

Carry the flour in a cloth bag, roll down the sides of the bag until you reach the flour, and make a hollow in it to serve as a mixing bowl. Into this hole pour a mixture of five parts water to one of condensed milk, with salt, baking powder and an egg, if you have it. Stir this gently in your flour bowl, from time to time, bringing in a little of the flour from the sides until it is a dough thick enough to be handled. Take it out and pat it into the shape of the frying pan, about an inch thick. Slit with a knife, insert slices of bacon, and fry, turning once.

Maple Sugar Biscuit.

To an ordinary biscuit dough add a generous cup of maple sugar, cut about the size of peas. Roll out, bake in a quick oven and serve hot.

Luncheon Eggs.

Place hard-cooked eggs, whole, in a baking dish, pour over them a cream sauce and grate cheese over the top. The dish should stand in the oven just long enough to melt the cheese, then be served at once.

Luncheon Apples.

Fill a baking dish with quartered apples, add a top layer of thin slices of salt pork and bake until tender and browned.

Lamb Loaf.

Parboil two pounds of entirely lean lamb with one-quarter pound of salt pork until tender. Chop together, add six pounded crackers and two beaten eggs. Season with celery salt, pepper, salt and juice of an onion. Mold like a loaf of bread and place in a baking pan. Pour over it a little of the liquor the meat was boiled in. Bake occasionally and bake until it browns.

Fried Tomatoes.

Select firm specimens. Green tomatoes may be used in this way. Slice one-half inch thick and fry quickly on both sides, on a very hot griddle in bacon fat or butter. These are delicious on toast, served for breakfast of a hot summer morning.

Young Lady (to Tommy, who has just announced that he is engaged to a lady aged twelve)—Why, I thought you always promised to marry me? Tommy—Yes, yes, I know I did. I blame myself entirely.—Punch.

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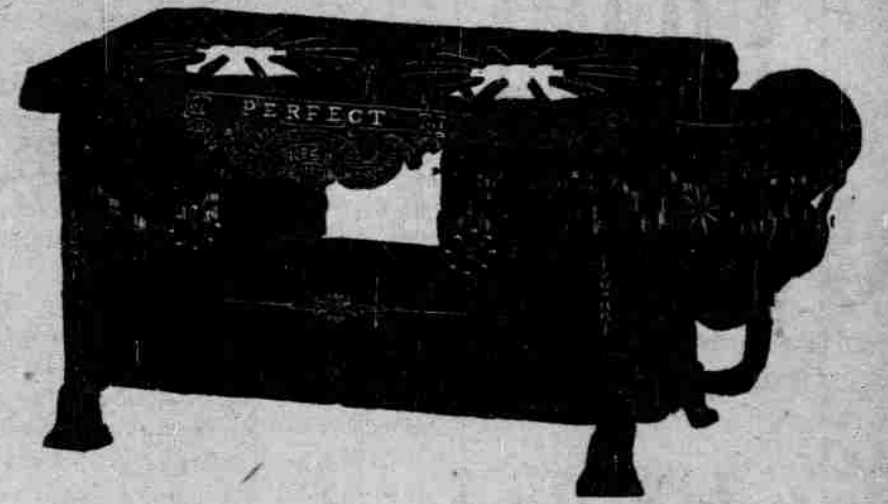
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